

DINNERLY



Tofu and Corn Ramen with Japanese Seven-Spice



20 minutes



2 Servings

With sweet corn, honey soy tofu and chewy egg noodles in a umami-rich broth, this steaming bowl of ramen is ready in a flash. Time to get slurping!

- 1 spring onion
- 300g can corn kernels
- 200g honey soy tofu ^{1,6,11}
- 2 vegetable stock cubes
- 150g egg noodles ^{1,3}
- 2g shichimi togarashi ¹¹

- 1 egg ³
- 2 tsp vegetable oil
- 1 tbs soy sauce ⁶

- small saucepan
- medium frypan
- medium saucepan
- tongs

ALLERGENS

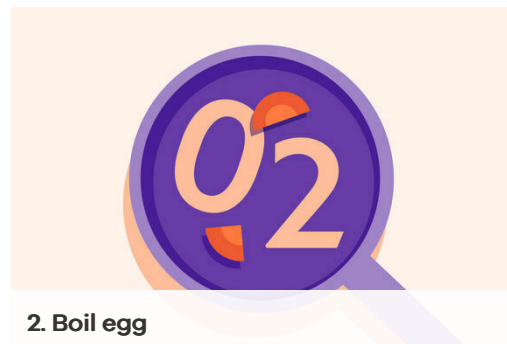
Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 550kcal, Fat 17.1g, Carbs 73.3g,
Proteins 29.1g



Bring a small saucepan of water to the boil for the egg. Thinly slice the **spring onion** on an angle. Drain and rinse the **corn**.



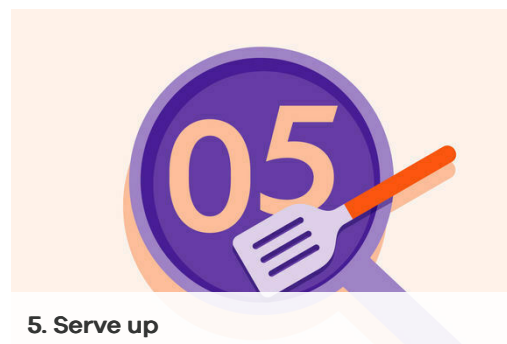
Cook **1 egg** in the pan of boiling water for 6 mins for soft-boiled or 8 mins for hard-boiled. Drain, then cool in cold water. Peel and halve the egg.



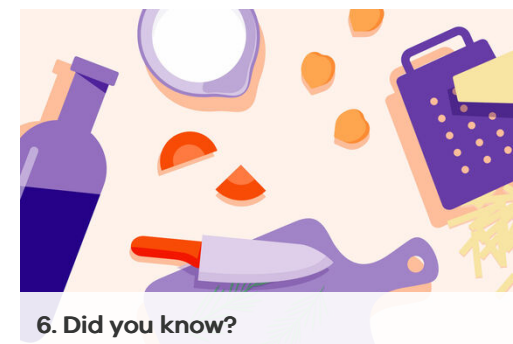
Meanwhile, heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **tofu** for 2-3 mins each side until golden. Remove from the pan and cut into 1cm-thick slices.



Bring **1L (4 cups) water** to the boil in a medium saucepan. Add the **stock cubes** and stir to dissolve. Reduce the heat to medium and add the **noodles**. Stir well and cook for 1 min. Add the **corn, half the spring onion, ¼ tsp shichimi togarashi** and **1 tbs soy sauce**. Return to a simmer and cook for 2 mins or until the noodles are tender.



Using tongs, divide the **noodles** among bowls, then ladle over the **soup**. Top with the **tofu**, **egg**, **remaining spring onion** and **remaining shichimi togarashi**. Enjoy!



Shichimi togarashi is a fiery seasoning also known as Japanese seven-spice. With roots in Chinese medicine, each ingredient brings a herbal benefit along with a distinct flavour. A typical blend includes citrus peel, sesame seeds, chilli, seaweed and garlic.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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Packed in Australia
from at least 70%
Australian ingredient.